

SUGGESTED USAGE: Take 1 capsule daily with a meal, or as directed by your healthcare practitioner.

HOW IT WORKS: Vitamin K is well known for its role in blood clotting, but has also been found to play an important role in normal bone formation and the preservation of bone strength.* Vitamin K2 more specifically is a significant regulator of tissue calcification and is critical for the maintenance of arterial elasticity and cardiovascular health.* Vitamin K2 includes two of the most studied subtypes, MK-7 (menaquinone-7) and MK-4 (menatetrenone). MK-7, the most readily absorbed and bioactive form of K2, has no common dietary sources.* Unlike vitamin K1, which is stored in the liver, MK-7 is transported directly to tissues and has a longer half-life than either K1 or MK-4.*

CAUTIONS/INTERACTIONS: If you are taking warfarin or other anti-coagulant medications, consult your healthcare practitioner before taking this product.

Natural color variation may occur in this product.



**PROTOCOL
FOR LIFE BALANCE®**

MK-7 Vitamin K₂ Extra Strength - 300 mcg

- Supports Bone Health*
- Supports Vascular Elasticity*

MenaQ7
Vitamin K₂ as MK-7



60 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Vitamin K ₂ (as Menaquinone-7) (MK-7) (MenaQ7®)	300 mcg**
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** Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Hypromellose (cellulose capsule) and Silicon Dioxide.

Formulated & Distributed by Protocol For Life Balance
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
protocolforlife.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

MenaQ7® is a registered trademark of NattoPharma ASA, Norway. Patents granted and pending.

This extra strength product (300 mcg) has more vitamin K₂ than our regular strength product (160 mcg).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.